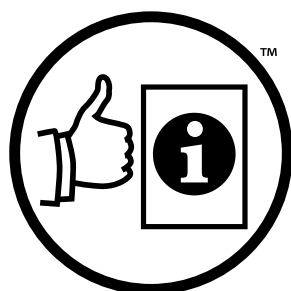




# **Dementia and how you communicate**

**Communication Hub**



**Easy English**

## Hard words



This book has some hard words.

The first time we write a hard word

- the word is in **blue**
  
- we write what the hard word means.

## You can get help with this book



You can get someone to help you

- read this book
  
- know what this book is about
  
- find more information.



We will write contact information at the end of this book.

## About this book



This book is from Communication Hub.

This book is about how you **communicate** when you have **dementia**.



Communicate means when you share what you think with other people.



Dementia is when there are changes in your brain.

## Dementia can change how you communicate



You communicate when you

- talk to people



- ask a question



- use sign language



- send a text message.



If you have dementia you might find it hard to

- say what you want to say



- understand what people say.

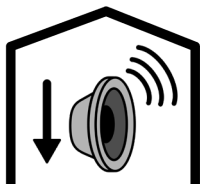


If you have dementia you might find it hard to

- answer the phone



- ask for help.



When you communicate you might want to

- be in a quiet place



- be calm



- have time to think about what you want to say.

## What else happens when you have dementia?



Dementia can make it hard for you to

- remember



- solve problems



- talk to people.



There are different types of dementia.



If you have dementia you might

- ask the same question a lot



- forget what you want to say.



Some people with dementia

- can remember things from a long time ago

and

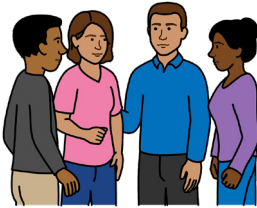


- **cannot** remember things from today.



If you have dementia you might change

- how you make friends



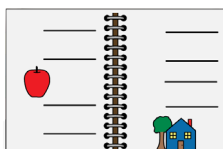
- the way you talk to your friends.

## Ways to help you communicate

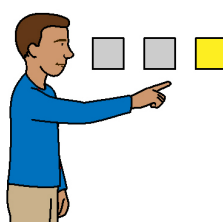


When you communicate you might want to

- practise how to say what you want to say



- make a book of your memories.



You might want to communicate in new ways.



You might like to communicate with

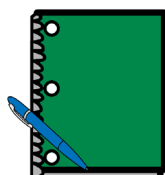
- a smart phone



- a computer



- a tablet.



You might also like to use a pen and paper.



## How can a speech pathologist help you?

A **speech pathologist** is an expert who can help people

- say what they think



- eat



- drink.



A speech pathologist can help you learn new ways to communicate.



For example, with a computer.



A speech pathologist can help you practise how to say what you want to say.



A speech pathologist can also help your friends and family communicate with you.

## More information



For more information contact  
Communication Hub.



Website [communicationhub.com.au](http://communicationhub.com.au)

**You can read the full information on  
our website**

Website [communicationhub.com.au/  
communication\\_hub/resources/fact\\_sheets/  
dementia\\_and\\_communication.aspx](http://communicationhub.com.au/communication_hub/resources/fact_sheets/dementia_and_communication.aspx)

## Find a speech pathologist

Speech Pathology Australia



Call 1300 368 835



Website [speechpathologyaustralia.org.au](http://speechpathologyaustralia.org.au)



### **If you do not speak English**

Use the free Translating and Interpreting Service or TIS.



Call 131 450

Give the TIS officer the phone number you want to call.



### **If you need help to speak or listen**

The National Relay Service can help you make a phone call.



Call 1800 555 660



Website [bit.ly/nrs-helpdesk](http://bit.ly/nrs-helpdesk)

Give the relay officer the phone number you want to call.

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